



## **Confetti Barley Salad**

1 cup pearl barley or whole grain barley  
3 cups water  
1 can (15-1/4 ounces) kidney beans, drained  
1 can (15 ounces) mandarin oranges, drained  
2/3 cup finely chopped red onion  
1/2 cup chopped red bell pepper  
1/2 cup chopped green bell pepper  
3 tablespoons chopped fresh cilantro leaves  
2/3 cup white wine vinegar  
1/3 cup olive oil  
2 tablespoons granulated sugar  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon chili powder  
1 teaspoon dry mustard  
10 drops red pepper sauce

In medium saucepan with lid, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. In large bowl combine cooked barley, beans, oranges, onion, bell pepper and cilantro. Set aside. In a small saucepan mix together vinegar, olive oil, sugar, salt, pepper, chili powder, dry mustard and pepper sauce. Heat and stir until mixture bubbles. Pour hot dressing over barley-vegetable mixture. Cover and refrigerate at least 4 hours or overnight to allow salad to chill and flavors to blend. Makes 8 servings.

*Per serving: calories 285, protein 7g, carbohydrates 44g, fiber 8g, fat 10g, cholesterol 0, sodium 449mg.*

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***